

## **Hunger and Weight Management**

The ability (and inability) to maintain a healthy weight is influenced by both biological and environmental factors. Imagine that you are a dietician working with Mary and Larry, a middle-aged couple who would like to eat healthier and obtain a healthier body weight.



<u>Biological Factors-</u> What would you tell Mary and Larry about the role of each of the following in determining their eating habits and body weight?

eating habit	s and body weight?
•	Glucose:
•	Insulin:
•	Leptin:
•	Orexin:
•	Ventromedial Hypothalamus:
•	Lateral Hypothalamus:
•	Set Point Theory & Basal metabolic rate:
•	Heredity:
eating habit	ntal Factors: What would you tell Mary and Larry about the role of each of the following in determining their is and body weight? For each, give a specific example of how eating habits could have been shaped.
• Mod	deling:
• Cult	tural Factors:

disorders. How would you exp	lain the difference between ar	norexia nervosa and buli	mia nervosa to them?
			nd keeping in mind issues specific to choices and manage their weight.
1.			
2.			
3.			
4.			
5.			
	Summary of Hu	nger Motivatio	n
	Biological influences:  • hypothalamic centers in the brain monitoring appetite  • appetite hormones  • stomach pangs  • weight set/settling point  • attraction to sweet and salty tastes  • adaptive wariness toward novel foods	Psychological influence sight and smell of foo variety of foods availa memory of time elaps last meal stress and mood food unit size	d ble

Eating behavior

culturally learned taste preferences
 responses to cultural preferences for appearance

Social-cultural influences:

**Eating Disorders:** You've decided that it is important for Mary and Larry to have some basic understanding of eating